

ESH NEWS

A NEWSLETTER FOR EMPLOYEES OF

EVANSVILLE STATE HOSPITAL

FEBRUARY BRINGS EXTREME WEATHER

Hospital Management Staff expressed their thanks to all employees who made the extra effort to get to work during the extreme severe weather event beginning Monday, February 11 through Wednesday, February 13th.



The hospital entrance was snow and ice covered during the wintry events of February 11-13.

The weather put a halt to community events, as well as business and school operations. However, employees trudged through the inclement weather to assure that our patients continued to receive the excellent quality care to which they are accustomed. Special thanks to those in particular who provided assistance in areas that had limited staffing as well as the crew who assisted with snow removal/de-icing and transporting employees to and from work. "The ice is tough to address especially with the cold temperatures that prevent the melting process," said **Charles Gibbons**, grounds crew member. "We use an ice melt consisting of several chlorides that work in temperatures below freezing. We had our hands full with clearing the entranceways and parking areas." The support among employees during the bad weather conditions is noteworthy. You could witness the camaraderie with groups of 5-6 employees going from car to car to help scrape windows and ensure that everyone was ready for the ride home. Others assisting with the grounds crew efforts were **Rick Simpson, Rick Bivins, Doug King, Clarence Hofman, Mike Morris, and Tracy Arndell**.

The State of Indiana's Emergency Conditions Leave policy did not apply for the February events. The policy outlines procedures for "circumstances where a worksite must be closed due to conditions at that location that adversely affect the health and safety of employees or clients/customers, or ability of employees to perform the required duties, and where there is no reasonable

alternative site for the employees to perform the work." However, employees were afforded use of accrued and available compensatory time or personal time, as well as adjustment of their schedule during the week based on operational need and supervisor authorization. Weather related incidents are considered on an event by event basis.



Physical Plant employee Charles Gibbons sweeps the ice melt from the employee entrance after one of the ice storms in February.

WELCOME

*Latisha Dixon, Housekeeping
Chuck Turner, Security*

GOODBYE

Kristin Fifer, Nursing Service

March Holidays
March 21—Good Friday

*Happy
St. Patrick's
Day!*



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BIGGEST LOSER CHALLENGE PARTICIPANTS SHED ALMOST 300 POUNDS!

The 3rd Biggest Loser Challenge resulted in 36 participants losing a total of 291 pounds which is an average 8 lbs per loser. This is the greatest weight loss seen during the three biggest loser challenges in the past two years at ESH. 85% or 47 of the 55 participants completed the eight week challenge from January 7 through March 4, 2008.



Bill Clark says he is "healthier and happier after shedding 45 pounds."

The biggest individual male loser was **Bill Clark**, *Physical Plant*, who lost 45 lbs (or 13.43%). Bill rejoined *Resultz Personal Fitness* at the beginning of the challenge and was pleased with the nutritionist and other certified fitness specialists who worked with him in developing a personal diet and exercise routine. "What I liked about the nutritionist was that she said she didn't want me to go hungry while dieting," and helped him with healthy choices that he could live by. Bill now works out twice a day with a bit of boxing in his routine, and found that going to the gym after work helped him relieve the days' stressors and energized him. Bill cautions everyone to learn about their body chemistries and believes in the importance of vitamins in your diet. He received a scare one day while involved in a fitness work-out where his potassium dropped to a serious level. He is now very faithful about eating bananas and foods high in potassium, and has cut back on the amount of diet soft drinks he consumes daily. He knows now about the body's vulnerability for dehydration. Bill exceeded his personal weight loss goal for this challenge but continues to shoot for a personal fitness goal by mid-June - to have walked 674 miles, the amount of miles from Evansville to Baton Rouge where his family resides. His personal reward for his fitness efforts is a trip to Louisiana to visit family as he has been putting away \$1.00 for each mile walked and is 1/3 of the way there (has walked 232 1/2 miles). He faithfully logs his miles walked each week and has a map in his office to motivate him toward this goal. Bill says he is "healthier and happier after shedding 45 pounds." Bill has been free of tobacco products for 13 years and says he can't imagine exercising while smoking with all the wheezing and coughing he experienced from cigarette smoking. He encourages others to "give yourself time to learn about your body and listen to what it is telling you. You might have to fight it until it gets used to your new lifestyle."

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Theresa Arvin, *Community Services*, was the biggest female loser for the third time, losing 15 pounds or 10.79%. She continues to exercise daily and has stuck with a low carbohydrate diet for two years. "The team challenge motivates me to work hard; my hope now is for maintenance." **Cindi Gehlhausen**, *Rehabilitation Therapist*, was near the top of female losers, losing 17 pounds. She has participated in the past but feels her health this time around was a motivator for her as she was diagnosed with diabetes. She is faithful with her diabetic diet, allowing for 45 grams of carbohydrates at each meal and writes down everything she eats. To other diabetics she says "no matter how hard it is, eat right, and it is hard." Her healthy mid-morning snack may consist of sweet cherry tomatoes, almonds, or blueberries brought from home. Exercise is important to her as well and she feels a buddy system is extremely helpful. A temptation for Cindi and echoed by several employees is the carry-in goodies; however, she reports that employees are more conscious of others' diets and bring in healthier foods. Cindi exceeded her challenge goal and is still on target with her overall personal goal.

The Biggest Loser team this year was **Lucky 13** consisting of **Jessica Golba**, *Continuum of Care*; **John Cowling**, *Nursing Service*; and **Kyle Elliott**, *Nursing Service*.



Lucky 13 team members Kyle Elliott, Jessica Golba, and John Cowling were victorious in the challenge.

Both John and Kyle are repeat losers from the Jan-March 07 challenge. John lost 29 pounds this time around that was shed by a three day diet of lean meat and tuna, toast, grapefruit, green beans, beets, apples, and a bit of vanilla ice cream. The rest of the week he watches what he eats and makes healthy choices. He continues to work out weekly at a fitness center. Jessica also shed her weight through the three day diet and feels E Shape's Tuesday and Thursday aerobic offerings after work were beneficial to her achieving her goal. Jessica still has a few more baby pounds to shed from the birth of her daughter in late October. Kyle reports that their team kept tabs on each other throughout the competition and felt the team effort motivated him to lose his 11 pounds. Lucky 13 encourages others to "stick with it, even through setbacks. Allow yourself pleasures every once in awhile."

Information Exchange

Noteworthy Recognition

Congratulations to the following employees for being recognized for a job well done in the past month:



*Chuck Adams, Physical Plant
Donna Mesker, Treatment Mall*

The **State Employees Community Campaign Awards Ceremony** is planned for Friday, April 11 from 10-11 a.m. at the Indianapolis Government Center Auditorium. ESH raised over \$8,000 which reflects a 16% increase in contributions by hospital employees. Overall, the campaign throughout the state raised \$1,176,377 for charities which is a 2.6% increase over last year, but fell slightly short of its goal of \$1,200,000. Kudos to all who made our campaign a successful one!

March for Babies will be held on Saturday, April 26 at 10:00 a.m. at the Sunrise Park (river front). The 3 mile walk is for the health of all babies and raises awareness of pre-maturity. There is no registration fee—simply register by logging on to www.marchofdimes.com. Those collecting \$125 or more are eligible for prizes. Please contact Community Services if you are interested in joining the ESH team.

Employees receiving **SPAM messages** at their workstations are instructed to delete them immediately. *Indiana's Office of Technology* administers software filters to block SPAM; however, it is an ongoing battle and some messages do make it through. Over 90% of all messages arriving at state addresses classified as SPAM are stopped before they get to workforce mailboxes.



Valentine's Day Dance: The Valentine's Dance was held on Thursday evening, February 14th in the gym. The turnout for the party was exceptional with 91 patients in attendance. Many were ready for a celebration after the wintry weather. Music was provided by our very own **Mike Poston** and **Paula Hurst**, *Rehabilitation Therapy* employees, that had everyone up dancing the night away. Our **Dietary Department** provided wonderful snacks of mini pizzas, dough dogs, meatballs, and cheese and vegetable trays. Valentine's Day would not be the same without a bit of chocolate. Therefore, the evening concluded with a special dessert of White Chocolate Raspberry Cheesecake. Thanks to all who made the evening a great success.

ESH Staff,

I would like to say thank you to each and everyone of you! Your kindness and concern towards my family and myself during this difficult time, has been wonderful, and will not be forgotten. We appreciate everything each of you have done for our family. It helps to know that so many people really care. I am truly lucky to have you all as friends, and not just co-workers. Thank you again.

*Sandy Kiessling & Family
Chris, C.J., Marissa*

Employees were surprised with iced sugar cookies and candy kisses on Valentine's Day compliments of **The Recognition Committee**.

A **Heart Healthy Challenge** was offered by *E Shape* during the week of Valentine's Day to promote heart healthy strategies. Daily challenges for February 11-15 included avoiding salt, exercising for 30 minutes, counting carbohydrates, adding fiber to diet or curbing/stopping smoking, and laughing. 24 employees took the challenge with six individuals completing all five daily challenges—**Joni Bethe, Bill Clark, Roberta Ochsner, Kim Wells, Bambi Bartlett, and Paula Hurst**. A random drawing was held with heart themed votive holders with candles given to 10 lucky winners (*Sherry Walker, Kim Wells, Bambi Bartlett, Paula Hurst, Theresa Arvin, Joni Bethe, Carolyn Covert, Karen Martin, Bill Clark, and Sue Shelton*).

Saturday evening, March 1, had ESH team member **Theresa Arvin** and family members **Stephen, Jason, and Katie Key** bowling to support *Special Olympics of Vanderburgh County*. This fundraiser helped fund year-round sports training and athletic competitions for individuals with intellectual disabilities.

Super Bowl Party: On Sunday, February 3, about 60 patients from all units gathered in the gym to participate in a Super Bowl Party. Activities began at 4:30 p.m. and continued during the exciting game where the Giants defeated the Patriots by a score of 17-14. A chili supper including hot dogs, vegetable tray with dip, and soft drinks was served, along with snacks during the game. Door and attendance prizes were drawn throughout the evening. The party ended around 9:00 p.m. Those who participated had a great time and are looking forward to next year.



ESH NEWS

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Administration



ESH NEWS

BLACK HISTORY MONTH CELEBRATION

The hospital recognized *Black History Month* with an afternoon program on Friday, February 29th in the gym. **Elizabeth Thomas** and **Molly Greene**, *Community Integration Program Specialists*, led the celebratory observance of past achievements and successes of African Americans. Program participants including **Terri Morris** of *Vocational/Education* wore African attire such as dashiki garments, kaftans, kufi caps, and head scarves. Most of the materials used were bright in color exhibiting different patterns, stripes, and geometric designs. Each pattern or design in the fabric had a meaning. Much of the attire was presented in a wrap and tuck method. Some head scarves consisted of 4-5 yards of material wrapped around their heads. This method is common in Africa because many do not sew.

Superintendent Cathe Fulcher was on hand to help explain the origin of the holiday and noted the impact of African Americans in the Army with the first black regimen in 1886. Several patients participated in the program by leading the audience in prayer and song, as well as giving a brief biography on some famous and not-so-famous African American inventors. **Beverly Lafferty**, *Vocational/Education*; **Cathy Crouch**, *CIP*; and consultant **Marti Ertel** helped review popular inventions or improved upon inventions such as the *Super Soaker* which was the #1 toy in the 1990's with \$200 million in sales in 1991 and 1992 by inventor Lonnie Johnson, the

golf tee by George F. Grant, and the folding cabinet bed by Sarah Goode. **Susan Trembaczynski**, *Continuum of Care*, also sang a solo, 'I Will Lift My Eyes'.

The message of the afternoon was that the color of your skin is in no way connected with strength of the mind or intellectual powers. Ms. Greene reminded the audience that Black History Month was founded by Carter Woodson in 1915 and helped conclude the program with the song 'We Shall Overcome'. Ice cream was served following the educational program.



Molly Greene and Liz Thomas demonstrate the wrap and tuck method used with most African attire.